



August Calendar:

- ▶ WIC: 9, 10, 11, 15, 18, 19, 22, 26, 29, 30, 31
- ▶ WILLOW SPRINGS CLINIC: 3
- ▶ MOUNTAIN VIEW CLINIC: 24
- ▶ FAMILY PLANNING: 12, 17, 26
- ▶ IMMUNIZATIONS: 12, 14, 26
- ▶ CHOLESTEROL SCREENINGS: BY APPT
- ▶ FOOD HANDLERS CLASSES: 8 & 22

▶ HOLIDAY'S (CLOSED):
NONE

OVOLUME 109 | O YEAR 11



Monthly Monitor

180 S. KENTUCKY ST, WEST PLAINS, MO 65775
TELEPHONE: 417-256-7078, FAX: 417-256-1179
Website: <http://www.howellcountyhealthdept.com>

Word Breastfeeding Week August 1-7



Nowadays, the internet allows us to easily find information on just about anything. We use social networking sites to instantly reach out to friends and families thousands of miles away. In relation to breastfeeding, there is a lot of info available through these channels. There is no question that **breastfeeding provides a complete nutritional and preventive health package for infants and young children, and is one of the most sustainable practices found on this earth.** Breastfeeding is also important for women-assisting in weight loss after delivery, protecting against breast cancer and other diseases, and delaying the return of menses and ovulation. However, many parts of the world are still struggling with low rates of exclusive and continued breastfeeding.

Why is there a gap between what we know and what is actually happening, and what can we do about it? Like the components of human milk which form a vital

complex of nutrients and living cells, fresh and lively interaction among people is vital to nurture and support our breastfeeding mothers! These interactions let the mother know that she is not alone! As local and national governments respond to increasing health disparities and economic strain in their communities, breastfeeding has been consistently proven to be a sustainable, equitable, and low-cost response to these pressing issues.

This year World Alliance for Breastfeeding Action is asking each of you to reach out, through any and all communication channels open to you, and share the messages needed to empower every woman and every community, to succeed in optimal breastfeeding.

www.worldbreastfeedingweek.org

Summer Cucumber & Tomato Salad



Ingredients: 3 Tsp of rice vinegar, 1 Tbs of canola oil, 1 tsp honey, ½ tsp salt, ½ tsp pepper, 2 medium cucumbers, 4 medium tomatoes-cut up, 1 Vidalia onion-sliced thin, 2 Tbs chopped herbs-parsley, chives and/or tarragon

Preparation: Whisk vinegar, oil, honey, salt and pepper in a large shallow bowl. Remove alternating stripes of peel from the cucumbers. Slice the cucumbers into thin rounds. Add the cucumber slices, tomatoes and onion to the dressing; gently toss to combine. Let stand at room temperature for at least 30 minutes and up to 1 hour. Just before serving, add herbs and toss again.

SUMMER BBQ'S & SAFE FOOD



Summer brings out barbecue grills and bacteria, which multiply in food faster in warm weather and can cause foodborne illness (also known as food poisoning). Following a few simple guidelines can prevent an unpleasant experience.

Wash your hands: Wash hands with soap and water for at least 20 seconds before and after handling food. If you're eating where there's no source of clean water, bring water, soap, and paper towels or have disposable wipes/hand sanitizer available.

Marinate food in the refrigerator: Don't marinate on the counter; marinate in the refrigerator. If you want to use marinade as a sauce on cooked food, save a separate portion in the refrigerator. Do *not* reuse marinade that contacted raw meat, poultry, or seafood on cooked food unless you bring it to a boil first.

Keep raw food separate: Keep raw meat, poultry, and seafood in a separate cooler or securely wrapped at the bottom of a cooler so their juices won't contaminate already prepared foods or raw produce. Don't use a plate or utensils that previously held raw meat, poultry, or seafood for anything else unless you wash them first in hot, soapy water. Have a clean platter and utensils ready at grill-side for serving.

Cook food thoroughly: Use a food thermometer to make sure food is cooked thoroughly to destroy harmful bacteria. Refer to the [Safe Minimum Temperatures chart](#)⁴ for safe internal temperatures for foods. Partial precooking in the microwave oven or on the stove is a good way to reduce grilling time; just make sure the food goes immediately on the preheated grill to finish cooking.

Keep hot food hot and cold food cold: Keep hot food at 140°F or above until served. Keep cooked meats hot by setting them to the side of the grill, or wrap well and place in an insulated container.

Keep cold food at 40°F or below until served. Keep cold perishable food in a cooler until serving time. Keep coolers out of direct sun and avoid opening the lid often. Cold foods can be placed directly on ice or in a shallow container set in a pan of ice. Drain off water as ice melts and replace ice frequently. Don't let hot or cold perishables sit out for longer than two hours, or one hour if the outdoor temperature is above 90°F. When reheating fully cooked meats, grill to 165°F or until steaming hot. Transport food in the passenger compartment of the car where it's cooler; not in the trunk.

Put these items on your list: These non-food items are indispensable for a safe barbecue.

- food thermometer
- several coolers: one for beverages (which will be opened frequently), one for raw meats, poultry, and seafood, and another for cooked foods and raw produce
- ice or frozen gel packs for coolers
- jug of water, soap, and paper towels for washing hands
- enough plates and utensils to keep raw and cooked foods separate
- foil or other wrap for leftovers

This article appears on [FDA's Consumer Updates page](#)⁵, which features the latest on all FDA-regulated products.



Benefits of Lycopene

Lycopene are a carotenoid that may boost heart health, prevent vision loss, and lower the risk of some cancers.

Good Sources of Lycopene

The brighter the better. Pink, orange, and red fruits are generally rich in Lycopene. For a lycopene boost, consider:

Watermelon

Tomatoes, tomato juice, and tomato sauce

Papaya

Pink grapefruit

Guava

Tip: It's easier for your body to absorb lycopene from tomatoes that have been cooked, canned, or otherwise processed. Adding a little bit of fat helps as well, so cook your tomatoes with a splash of heart-healthy olive oil.